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The Bruce Renewal Team is a coalition of unions, construction companies, engineering firms and Bruce Power, Ontario's largest independent electricity provider, working together to renew one of the world's largest nuclear facilities, the Bruce Power site located in rural southwestern Ontario.

The Bruce Power site is home to one of Canada's largest infrastructure projects. This means thousands of skilled jobs, new investment and reliable electricity for Ontario ratepayers. Nuclear power will not only keep our energy prices competitive and create jobs but will mean cleaner air for our communities. The Bruce Renewal Team is working together to keep the lights on today, ensuring the province has affordable energy for tomorrow.

# BRUCE POWER NUCLEAR UP, COAL DOWN.

[brucerenewal.ca](http://brucerenewal.ca)

OTTAWA

# metro

Monday, December 10, 2012



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## CLEARING THE AIR IN ONTARIO



Situated on Lake Huron, between the towns of Kincardine and Saugeen Shores, the Bruce Power site generates almost a third of Ontario's electricity.

### What's down?

#### COAL GENERATION



Output from coal generation is down by 90%.

#### SMOG DAYS



Since 2005, the number of summer smog days in the GTA has dropped from 48 to 12.

#### SULPHUR EMISSIONS



93% reduction in Ontario sulphur emissions.

### What's up?

#### OPERATING NUCLEAR UNITS



Bruce Power doubled the number of its operational units from four to eight, between 2001 to 2012.

#### LOW-COST POWER



5,000 MW of additional low-cost, reliable electricity for Ontario.

#### JOBS AND INVESTMENT



Thousands of direct and indirect jobs. Over \$7 billion of private investment in public assets.

### A revitalized Bruce Power site: Helping Ontario kick its coal habit

Amidst the daily doom and gloom about the future of our planet, there's a good news environmental story taking place right under our noses.

Literally.

Ontario is clearing the air we breathe and kicking its coal habit in one of the most ambitious green electricity initiatives in North American history – thanks in large part to an increase in nuclear output from the Bruce Power site.

The site, located in rural southwestern Ontario, is one of the largest in the world. Through a multi-year revitalization program, it has brought enough new energy online to replace 70 per cent of the province's coal-fired electricity on an annual basis.

"Our children and grandchildren will thank us for having the courage to act now, allowing them to enjoy a life of breathing clean air," said Duncan Hawthorne, Bruce Power President and CEO. "I'm proud of the role Bruce Power nuclear has played to support the phase out of coal in Ontario."

Ten years ago, coal-fired generation accounted for almost a third of Ontario's electricity supply. Last year, coal supplied only three per cent.

During that same period, Bruce Power doubled the number of its operating units from four to eight, filling the coal gap with reliable, low-cost, clean nuclear energy.

It's no coincidence the number of summer smog days in the GTA has plummeted from 48 in the year 2005 to 12 in 2011, and sulphur emissions are down by 93 per cent during that time.

The Bruce Power site will now produce almost a third of Ontario's power and has made a massive investment in the province's infrastructure through \$7 billion of private funds into public infrastructure. Because of the large volume of energy from the Bruce Power site, ratepayers are also provided with an affordable source of electricity around the clock.

This investment in the energy future of the province is the largest in a decade, creating thousands of direct and indirect jobs during a difficult economic period.

Bruce Power has helped shape the energy future of Ontario as it helps put an end to coal-fired generation.

The Bruce Renewal Team has demonstrated that, by working together, we can generate affordable electricity, while creating jobs, securing investment and keeping the air we breathe clean.





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### WHAT WE PAY

#### Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,616.77/coin
9999 Canada Maple leaf, less than 1 ounce	\$51.99/g
24k Jewellery	\$40.51/g
22k	\$37.10/g
E. Indian/Nuggets	\$32.89/g
18k	\$30.38/g
14k and dental	\$23.61/g
10k	\$16.85/g
9k	\$15.19/g
8k/antique gold	\$10.13/g

#### Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,566.25
Gold 10 ounce (Recognized)	\$15,578.25
Gold 1kg (Recognized)	\$50,084.06
Gold bars, less than 1 ounce (Recognized)	\$50.09/g
999 Gold bar (Unrecognized)	\$48.74/g

#### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$32.04/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.63/g
Stamped Sterling Silver Jewellery	\$0.60/g
Mexican Silver stamped 925	\$0.50/g
Stamped 800 Silver	\$0.49/g
Unstamped scrap silver	\$0.32/g
Other silver coins	\$0.67/g

\*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-12-07, 14:48:04 PM

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#### Example Purchase 2:

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#### Example Purchase 3:

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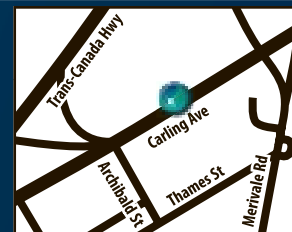
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# EVERYBODY'S BABY

WHAT CAN THE ROYAL COUPLE EXPECT NOW THAT THEY'RE EXPECTING? A LOT OF ADVICE FROM COMPLETE STRANGERS, FOR ONE THING PAGE 17



OTTAWA

# metro

®

Monday, December 10, 2012



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## BOX OF TEDDIES

Associate managers Dana Vreeswijk and Scott Cleland at the Build a Bear Workshop at Bayshore Shopping Centre hold up one of several boxes of teddy bears donated to the Salvation Army by customers. All weekend, stores in the chain accepted donations of bears and other toys for the charity, which was recently the victim of a massive toy theft.

SEAN MCKIBBON/METRO

## Public servants can deck the halls during holidays

**Questionable.** But with layoffs still looming, do they want to?



**JOE LOFARO**  
joe.lofaro@metronews.ca

Treasury Board President Tony Clement says public servants want to be in the Christmas or Hanukkah spirit this time of year and should not feel they're offending anyone by decorating their offices with a little holiday cheer.

But for the 8,000 federal workers left on the chopping block, there might not be a reason to grab the tinsel.

Clement said in an interview with Metro on Sunday that 11,000 positions have been cut from the budget as the government approaches its target of 19,000. Most of them were eliminated through attrition, he said.

Following a statement he

issued Sunday reminding employees there are no guidelines against decorating their offices for the holidays, Clement told Metro he disagreed with the suggestion layoffs will dampen public servants' festive spirits.

"The federal government (has) an excellent workplace for our employees and we believe in our employees, but we also are accountable to the taxpayer," said Clement. "I think everybody understands that."

In September Postmedia reported about 48 per cent of public-servant health claims were related to mental health, often depression and anxiety. What's more, August claims were reportedly up 13 per cent over the same period a year before.

Last week, the Canadian Federation of Independent Business reported public-sector employees in Canada take nearly five more sick, disability and personal days per year than Canadians working in the private sec-

tor, at an annual cost of up to \$3.5 billion. While the CFIB blamed more generous employee sick benefits, the Public Service Alliance issued a response blaming stress caused by layoffs.

"The causes are clear, the unnecessary cuts to key programs that Canadians depend on have led to drastic work overload, bad workplace organization and anxiety," said a Dec. 7 PSAC news release.

Clement said that people want to exercise their faith and that political correctness should not trump holiday spirit.

"Our government will not allow the Christmas spirit to be grinchd," he said in the statement.

What prompted the statement, he said, was last year's "confusion" after Service Canada advised its workers in Quebec not to decorate offices in public display. Human Resources Minister Diane Finley swiftly reversed that directive within a day.

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Crime

## Cops charge senior with sex assault

Ottawa police charged a 75-year-old man with sexual assault after a little girl told her mother she was inappropriately touched in the city's east end Saturday.

Aden Omar Barreh of Ottawa was charged with sexual assault and sexual interference. Police say the incident occurred in the 200 block of Jasmine Crescent and the girl's mother reported the incident to police at noon.

Police made an arrest at the location.

Barreh appeared in court Sunday morning, police said, and was detained pending a bail hearing scheduled for later this week.

The investigation is ongoing. Anyone with any information is asked to contact the Ottawa Police Sexual Assault & Child Abuse Section at 613-236-1222 extension 5944 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO/METRO

Books

## Collected Works bookstore might close before Christmas: CBC

Local independent bookstore Collected Works is set to close at the end of the month unless it finds a buyer to take over the Wellington Street store, according to CBC News.

Co-owner Christopher Smith said he is hoping to find someone to save the store before Dec. 24.

If unsuccessful, Collected Works will be the fourth independent bookstore to close its doors this year. **METRO**



## Young and old unite on ice

Seven-year-old Sam McKay and his dad, John, give each other a mutual skating lesson on Ottawa's rink of dreams Sunday. John McKay said it was the first time he'd been on skates in about 30 years. "I'm rediscovering skating," he said, explaining that while he'd enjoyed hockey in his youth, he stopped skating once he got into university. He said the Rink of Dreams got him back out on the ice because it's more available for public skating than many arenas, which are usually booked up for hockey or figure skating. **SEAN MCKIBBON/METRO**

# Your empties can help this Christmas

## Caring and Sharing Exchange. Weeks before Christmas, charity only halfway to fundraising goal



**SEAN MCKIBBON**  
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A local Ottawa charity is putting out a call for help, saying it's \$250,000 short of what it needs to help the 22,300 people who have asked for help this Christmas season.

"We're a little bit behind for

the number of people we need to help," said Cindy Smith, executive director of the Caring and Sharing Exchange, formerly known as the Christmas Exchange. The exchange targets those in need and provides families with food hampers or gift certificates during the holidays.

Last year, the charity fell short of its fundraising goal and some 5,000 families were left without any assistance over the holidays, said Smith.

"It's difficult because a lot of our money comes in in December because people aren't thinking of Christmas until then. Each year we're really under the gun timing-wise,"

she said.

Smith said her organization works with 300 other agencies in Ottawa to ensure services aren't duplicated, and she said requests for help continue to increase. The economy and federal public-service layoffs may be playing a role, she said, but added many people who need help have simply experienced a sudden catastrophic problem, such as a house fire, an illness or injury. "One woman last year came to us — her husband had left her, she had four children and she suffered a nervous breakdown and couldn't work. They are situations that could happen to anybody."

Charity

This weekend the Caring and Sharing Exchange will hold its Running on Empty drive at local beer stores, with volunteers outside local beer stores accepting donations of empties.

- **Donate.** To donate directly to the Caring and Sharing Exchange, go to [caringandsharing.ca](http://caringandsharing.ca) or donate by phone at 613-226-6434.

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1 NEWS



# Five steps to losing those extra sinkholes: Firm

**The hole that swallowed a car.** Recommendations already underway: Committee chair



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

A sinkhole swallowed a car on the Queensway Sept. 4 because the city didn't identify the potential problem soon enough, says an engineering firm that analyzed the city's response to the issue.

"The risks were not identified and acted on before the pipe was inspected," Steve Burns, an engineer with B.M. Ross and Associates, said on Friday. Burns' firm is the same one that was brought in to issue directives to improve water treatment after the Walkerton tragedy of 2000.

Burns issued five recommendations to the city to prevent future sinkholes like the one that opened up near an exit ramp to Orleans.

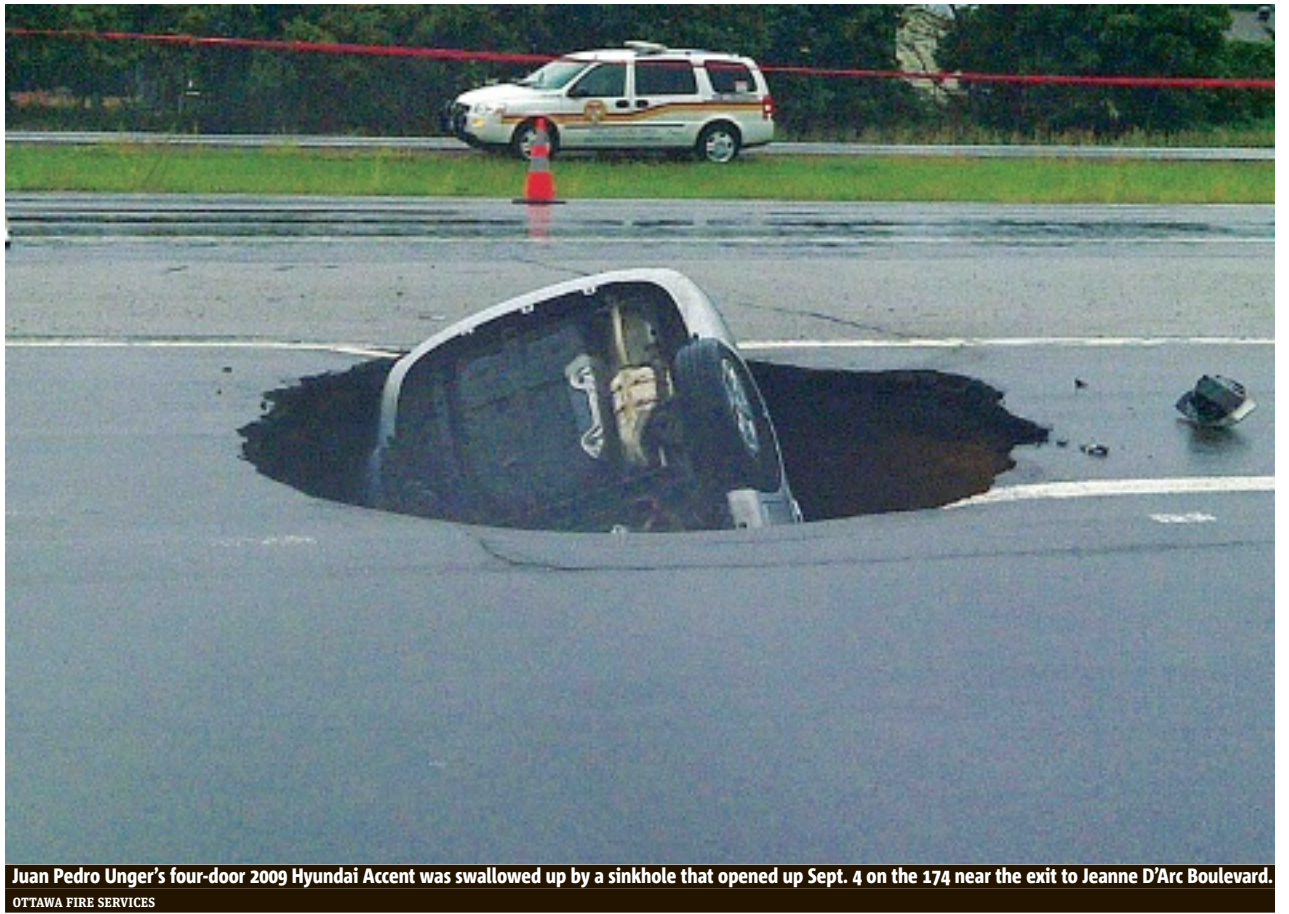
They advise the city to expand the definition of storm sewers, re-examine storm sew-

ers that are thought to be at high risk, assess the quality of information about the city's sewer inventory, supplement video inspections with physical proof and ensure degraded infrastructure is repaired quickly.

"The implementation of some of these recommendations is already underway," promised Coun. Maria McRae, chair of the environment committee, adding that the imperatives would be debated by council Jan. 15. "We have to do everything we can to make sure something like this doesn't happen again."

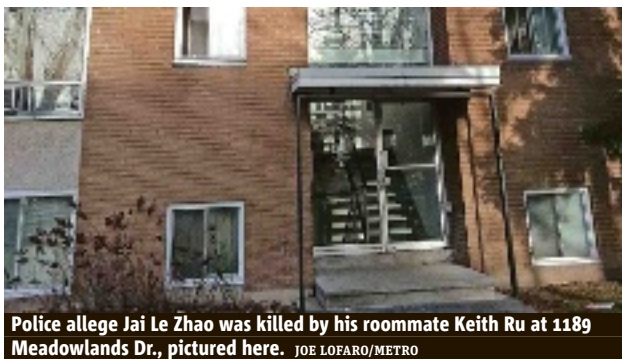
Burns said much of what Ottawa did before and after the incident is "consistent with other municipalities." He added the city's video inspection of the pipe didn't indicate it was in a state of imminent collapse despite visible corrosion.

On Aug. 31 a worker entered the 3.6-metre drainage pipe to begin repairs. Those repairs lasted throughout the weekend before Sept. 4. "It was likely his activities that precipitated the event," said Burns, noting, "construction activities did not cause but influenced the failure."



Juan Pedro Unger's four-door 2009 Hyundai Accent was swallowed up by a sinkhole that opened up Sept. 4 on the 174 near the exit to Jeanne D'Arc Boulevard. OTTAWA FIRE SERVICES

## Suspect charged with second-degree murder



Police allege Jai Le Zhao was killed by his roommate Keith Ru at 1189 Meadowlands Dr., pictured here. JOE LOFARO/METRO

With a fresh V-shaped wound on his left cheek and dishevelled hair, Keith Ru appeared agitated as he heard the second-degree murder charge against him through a Cantonese interpreter on Friday.

Ru was arrested Thursday in connection with the death of 21-year-old Ottawa man Jai Le Zhao at the Meadowlands apartment the two are said to have shared, marking Ottawa's seventh homicide this year.

As Ru entered the courtroom, his mother looked surprised at his appearance and held her hand to her mouth as she sat beside Ru's father. The two travelled from their home in Toronto to see their son and watch the proceedings.

Ru did not look at his parents, and shifted his eyes back and forth as he sat in the prisoner's box smiling.

Ru's lawyer Oliver Abergel requested a publication ban

on the proceedings. He is set to appear in court again Thursday, Dec. 13. The court asked Ru to refrain from contacting a list of 17 witnesses.

Throughout the proceedings it was not clear to the court whether Ru understood English, as a Cantonese interpreter translated for him. At one point, Ru indicated that he understood English and mimed in awkward gestures to his lawyer.

In an interview follow-

ing Ru's court appearance, Abergel said that after speaking with his client, it was unclear whether he suffers from a mental illness. He said he could not yet say whether a psychiatric evaluation would be requested.

Police received a 911 call at 3:30 a.m. Thursday morning and responded to an apartment at 1189 Meadowlands Dr., where they found Ru and the victim, Le Zhao.

GRAHAM LANKTREE/METRO

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## North York. Monkey found loose at Ikea store reunited with owner after security guards call Toronto police

A North York, Ont., Ikea store attracted an unorthodox customer on Sunday afternoon.

Shoppers encountered a tiny monkey adorned in a fitted shearling coat and diapers running around the store's upper parking garage around 2 p.m.

"It was just running around screaming," said shopper Bronwyn Page. "There was a crowd of us around it and it seemed really scared and agitated."

The monkey has since been reunited with its owner.

Security guards at the Ikea around Leslie Street and

Highway 401 eventually cornered the animal in the garage elevator and called police.

Animal Services soon arrived at the store to pick up the tiny shopper.

Store manager Alviro Carmona says the tiny primate never actually made it into the store and that nobody was injured.

"The monkey was in a bit of shock, but it's calmed down now that we've been feeding it some grapes," said a representative at the North York Animal Services Centre.

"At least it's warm and safe now ... It tried to keep warm

in the coat the best that an animal of its size could."

In Toronto, primates such as chimpanzees, gorillas, monkeys and lemurs are prohibited as pets.

The animal's owner contacted police and was reunited with their pet, said Staff Sgt. Ed Dzingala.

Police said the monkey apparently let itself out of its crate.

The animal is considered very smart said a Toronto police officer and, so, it was able to figure out how to open the crate.

TORSTAR NEWS SERVICE



The monkey that was loose in the North York, Ont., Ikea parking garage on Sunday is seen in this Twitter photo.

TWITTER.COM

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## Pipeline. Docs show review was influenced by oil industry: Greenpeace

A review of pipeline safety commissioned by the Alberta government after a series of high-profile accidents was heavily influenced by industry and designed more to quiet public concern than improve the system, say Greenpeace campaigners.

They say documents obtained under Freedom of Information legislation suggest the terms of the review were OK'd in advance by pipeline-company officials.

"There's a difference between talking to industry and asking for their approval," said Greenpeace energy spokesman Keith Stewart. "It looks like industry got to

### Oil spills

The Alberta government asked for the technical safety review last summer following three pipeline-related spills.

- **Red Deer River.** In one of those spills, a Plains Midstream Canada pipeline leaked about 475,000 litres of oil into the Red Deer River, a major drinking-water source for central Alberta.

write the terms for this review." **THE CANADIAN PRESS**

### Recurring illness

## Chavez in Cuba for cancer treatment

Venezuelan President Hugo Chavez, 58, was heading back to Cuba on Sunday for more cancer surgery after announcing that the illness returned despite two previous operations: chemother-



Hugo Chavez THE ASSOCIATED PRESS

apy and radiation treatment. **THE ASSOCIATED PRESS**

# Mandela in hospital as his party faces leadership crisis



Former South African President Nelson Mandela leaves a chapel after attending the funeral of his great-granddaughter Zenani Mandela in Johannesburg. South African President Jacob Zuma says that Mandela has been admitted to hospital in Pretoria to undergo tests. SIPHIWE SIBEKO/THE ASSOCIATED PRESS FILE

### Fighting spirit.

Former South African president, 94, has battled tuberculosis, prostate cancer

Inside a Catholic church that once served as a major rallying point for anti-apartheid activists, the image of a grey-suited Nelson Mandela appears in a stained-glass window that also features angels and the cross.

Worshippers here prayed Sunday for the hospitalized 94-year-old former president, who remains almost a secular saint and a father figure to many in South Africa, a nation

### Leading by example

"When you have someone that's willing to lead by example like he did, it makes things easier for people to follow."

Church-goer Thabile Manana

of 50 million people that has Africa's top economy.

Mandela's admission to the hospital this weekend for unspecified medical tests sparked screaming newspaper headlines and ripples of fear in the public that the frail leader is fading further away.

And as his African National Congress political party stands ready to pick its leader, who likely will be the nation's next president, some believe governing-party politicians have abandoned Mandela's integrity and magnanimity in a seemingly unending string of corruption scandals. That leaves many wondering who can lead the country the way the ailing Mandela once did.

On Saturday, the office of President Jacob Zuma announced Mandela had been admitted to a Pretoria hospital for medical tests and care that was "consistent for his age." Zuma visited Mandela on Sunday morning at the hospital and found the former leader to be "comfortable and in good care," presidential spokesman Mac Maharaj said in a statement. **THE ASSOCIATED PRESS**

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# War-crimes tribunal accuses Economist of hacking judge

**Bangladesh.** Inquiry asks news magazine to explain how it obtained emails and Skype discussions

A Bangladesh war-crimes tribunal has accused the British magazine The Economist of hacking the computer of its presiding judge to record conversations and read emails he exchanged with a lawyer.

The magazine did not directly address the charges, but said it was in possession of conversations and documents that raised serious questions about the workings of the tribunal.

The tribunal is trying 10 opposition politicians on charges of arson, rape and other atrocities committed during the country's 1971 war of independence from Pakistan.

Bangladesh says that dur-



ing the war, Pakistani troops, aided by their local collaborators, killed three million people and raped about 200,000 women.

In an order passed last week, the tribunal accused The Economist of computer hacking and asked it to explain how it got emails and heard Skype conversations between Presiding Judge Mohammed Nizamul Huq and

Ahmed Ziauddin, a lawyer of Bangladeshi origin living in Brussels, Belgium.

In an article published Saturday, The Economist said it has heard 17 hours of recorded telephone conversations and seen over 230 emails between Huq and Ziauddin.

"These emails, if genuine, would indeed raise questions about the working of the court and we are bound to investigate them as fully as we can," the article said.

The Economist rejected the tribunal's demand that the emails and recorded conversations be returned to it without being published.

"This material is confidential and we are bound by law and the British press's Code of Conduct not to reveal such information except in matters of the most serious public interest. We did not solicit the material, nor pay for it, nor commit ourselves to publish it," it said.

THE ASSOCIATED PRESS



## The power of Christmas

People gather to look at Christmas lights that adorn a house in Melksham, England, on Saturday. The lights have returned to the town after a two-year absence and have raised thousands of pounds for charity. The display, which is worth about \$50,000, is thought to involve more than 100,000 bulbs. It takes a team of electricians five weeks to complete, and needs an up-rated electricity supply installed to cope with the additional power requirements. MATT CARDY/GETTY IMAGES

## CRTC gets earful about cell contracts

Three-year contracts from cellphone companies should be banned, Canada's telecom regulator has been told in submissions to an online consultation.

Hundreds of people submitted their opinions to the Canadian Radio-television and Telecommunications Commission about a proposed code of conduct for the coun-

try's wireless industry.

The overwhelming majority who wrote to the CRTC over the two-week online-consultation period passionately voiced concerns about being "held hostage" by 36-month contracts.

"Get rid of the 36 months contract!!!," said one person on the CRTC's online forum. "It first started with 12

months, then 24 months, now the standard is 36 months, which is ridiculous!"

Those submitting opinions and suggestions to the forum were not required to post their names.

The first round of consultations, which closed this week, also heard several complaints about a lack of competition in the industry. THE CANADIAN PRESS

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## London. Students look for public support to get bus service licensed

After being forced to cease operations and give refunds to more than 400 customers last week, the London Rocket is looking to make a comeback in early 2013.

The Queen's University students who founded the bus service between London and the Greater Toronto Area are planning to pursue an operating licence from the Ontario Highway Transport Board (OHTB).

For that to happen, people need to sign an online petition at londonrocket.ca, service co-founder Darren Cole says.

"One of the criteria (of the OHTB) is to show that there is a public need," Cole told Metro. "We know that there is a need, and now we need (customers) to sign the petition to show that they support us."

### Not easy to compete

- After Darren Cole and business partner Bill Mei went public with their plans to launch the Rocket, Greyhound sent them a letter saying it is the only company licensed to provide scheduled public transit between London and Toronto.
- Greyhound said it would seek a cease-and-desist order from the OHTB if the Rocket, designed as a cheaper alternative to Greyhound, wasn't cancelled.

MARK SPOWART/FOR METRO/WITH FILES FROM TORSTAR NEWS SERVICE

## Holiday rush. Mail, parcel volumes hit peak this week

If you were thinking this is the week to finally mail out your Christmas cards or make a gift purchase online, you're not alone.

Canada Post expects Thursday will be its busiest day of the year. And FedEx is targeting Monday globally as its highest-volume day of 2012.

Canada Post estimates the holiday rush will see it deliver about one billion cards, letters and packages. At its largest parcel processing plant, northwest of downtown Toronto, workers are lining conveyor belts around the clock to handle the non-stop flood of holiday packages. THE CANADIAN PRESS

### Rail travel

## Tory MPs lobby for communities hit by VIA Rail's service cuts

Backbench Tory MPs appear to be in a losing, behind-the-scenes struggle over cuts at VIA Rail, leaving some communities scrambling for new transit options.

The service reductions have hit smaller towns and cities, particularly in the Maritimes and southwestern Ontario, the hardest.

It came as cold comfort to some communities last week when VIA announced increased service in the Quebec City-Montreal-Ottawa-Toronto corridor.

"Regrettably, VIA is concentrating on the triangle, and essentially is walking away from the other communities in Ontario and for that matter perhaps across the country," said Carl Zehr, mayor of Kitchener, Ont.

"I understand their problems in terms of their budgets that they're given, but it's also up to VIA to present that vision for the federal government so they can become a nation-building railway again."

THE CANADIAN PRESS



# A SQUINT DOWN THE LRT TRACKS



**URBAN COMPASS**  
Steve Collins  
ottawa@metronews.ca

Light rail is finally in sight for our bus- and car-dependent burg, even if you have to squint little.

We can now peer ahead to Canada Day 2017, when the first demonstration trains are to run between redesigned Blair and Hurdman stations to celebrate the country's 150th birthday. The entire Confederation Line, from Blair to Tunney's Pasture, is to be built by October 2017 and completely online by May 2018.

Sure, we were once told we'd be riding these rails by 2016, but a two-year adjustment of expectations isn't such a big deal here. In 2006, we were supposed to be shushing each other's joyful cries of civic pride inside a completed new central library, a project now firmly scheduled for either maybe someday or half past never.

## A glint in our eyes

The drawings for these projects always depict a dreamy and ideal alternate reality. Be assured the stations will not be as spotless, with nary a blob of slush or a flattened Tim Horton's cup in sight ...

Until 2018, we have conceptual drawings of thirteen stations along the Confederation Line at which to squint. Some are barely recognizable, like Cyrville and Lees, currently gray little outposts on the Transitway trench, destined for transformation into bright, inviting hubs.

The stations, designed by Ottawa architect Ritchard Brisbin, almost look like smaller versions of the airport, which he also worked on, and maybe that will make a sort of visual sense to passengers in the indeterminate future, when a later LRT phase might actually enable them to take a train to catch their plane.

The drawings for these projects always depict a dreamy and ideal alternate reality. Be assured the stations will not be as spotless — with nary a blob of slush or a flattened Tim Horton's cup in sight — the passengers will not be as unhurried and in possession of as much elbowroom, and the days will not be as sunny and summery as depicted. Still, if you squint and add a patina of grimy realism, it still looks pretty promising.

The trains check most of the boxes you'd expect — accessible to wheelchairs, with on-board storage for bikes, and equipped to handle our assaultive winters. Each car has a capacity of 300 people.

At peak periods, 10,700 people could travel the line every hour, the arrival of truly mass transit. The additions of more trains could pump that capacity as high as 18,000 an hour by the time the entire LRT system is in place in 2031, but that's an awfully long squint into the future.

The trip from LeBreton to Blair, we're told, will be less than 24 minutes, a fairly modest promise since that's the amount of time it takes a 95 to make the run now. Granted, that's according to the schedule, which is mocked daily by the doomed rush-hour crunch of buses through the core.

At last week's announcement of Rideau Transit Group's winning bid to build and maintain the system, politicians emphasized the magnitude of the project, the biggest in the city's history.

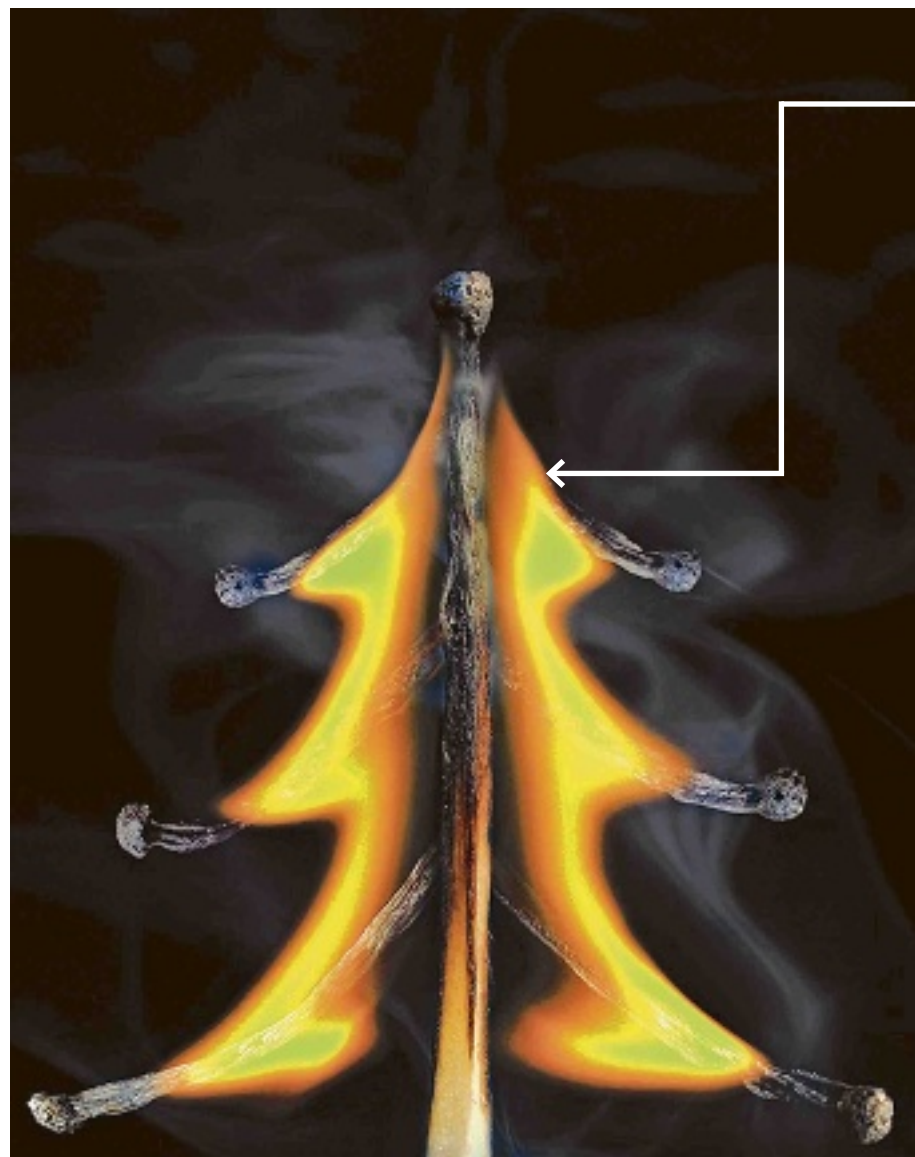
You might, for perspective, compare the Confederation Line with the Rideau Canal, painstakingly cut and blasted in six years under the direction of Colonel John By, who had to return to London to answer for cost overruns that drove the total price tag to a scandalous £822,000.

Running this figure through online inflation and conversion calculators unscientifically translates that to about \$111 million in today's money. That's a coffee fund compared to the Confederation Line's \$2.13-billion budget, which is nearly what it costs to run the entire city for a year.

We have endless assurances that any delays or costs in excess of that amount will be entirely on the RTG consortium, not the taxpayer. This guarantee is likely to be put to the test. You need only look back as far as the exponentially less ambitious Presto fare-card system, currently in its third attempted pre-launch, to see that the unexpected should always be expected.

You can see the LRT plans yourself at public showcases, one set up at city hall until next Wednesday, and various one-day displays at locations across the city. Why not go have a squint for yourself?

# The Christmas tree is on fire!



STANISLAV ARISTOV/REX FEATURES

## Match-art photography

## This art is literally smoking hot

Some bright spark has set the art world alight and created this festive image using spent matches and fire.

Stanislav Aristov, 30, makes miniature sculptures like this one by bending the matches into the desired shape while they are burning and then, using a macro lens and studio flash, he takes the photograph.

METRO

## Artist's viewpoint



"There is burnt for the past, the smoke of

memories left and the untouched part of the match the future. The fire is the life."

Stanislav Aristov, 30, IT specialist and part-time artist from Ekaterinburg, Russia

## Accidental beginnings

## How he had his eureka moment

Like many ingenious creations, Aristov's art came about by accident. Unable to come up with an idea, Aristov struck a match before noticing the incredible patterns formed in the carbon of the used wood — and so match art was born.

"It was while I was watching the match trying to think of something that I began to think of how it represents life," Aristov said.

METRO

## Characteristics

## Art produces 'very freakish forms'

For Aristov, the key characteristic of his match art is its unexpected shapes and composition, despite its use of a rather ordinary

object.

"Matches, of course, are quite a usual object, but it turned out (they) can be presented in very unusual ways," the artist said.

"Fire, as well as smoke, sometimes swirls in very freakish forms, which bring very interesting associations." METRO

## Match art in numbers

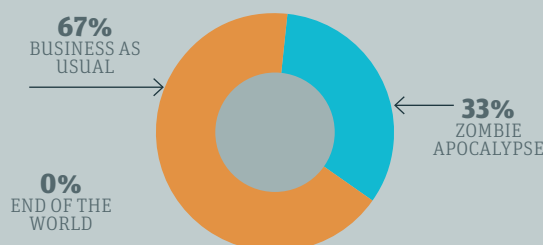
# 200

is the amount of camera shots Aristov sometimes requires in order to capture the perfect match-art composition. Aristov's amazing images include a smoky butterfly, a dangling spider, crawling lizard and a burning heart.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## What's your prediction for Dec. 21, 2012?



## Twitter

@Ahakim47

Am now realising what it takes to be Architect..... Facing difficult challenges

@knowyouroven

Diva Rufus won't eat his gourmet wet food unless I break it down with a fork for him.

@faisawil

I have a really short attention span so studying isn't really my thing

@sillyhatchy

@ShyanneSky you need to learn how to draw humans before furries, for anatomy. Then you figure out the furry part.

@ArarMaher

Despite massive atrocities & terrorist acts committed by Assad he's never been officially described as a terrorist by MSM. #PT #Syria

@BrianQHo

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# Fewer members presents fewer problems for rising Japandroids

## Celebration Rock.

Electronic duo trying to adapt to playing bigger venues after successful new album

LUKE  
O'NEIL

Metro World News in Boston

There's no question that electronic dance music has been the primary driving force in music for the past few years.

We would never be so misguided to set up some sort of oppositional binary between DJ culture and traditional rock music (because obviously both can exist peacefully). But if we had to, there's no question which band would go as the first pick in our hypothetical fantasy music draft: Japandroids.

The sound on their acclaimed second record, *Celebration Rock*, is the Platonic ideal of shouted basement-show punk vehemence, best exemplified by song-of-the-year candidate, *The House That Heaven Built*.

The Vancouver band's success has found them graduating from the smaller clubs from which their stage-dives and bro-hugs aesthetic was born into much larger rooms, on an exhaustive tour that will bring them for the first time to Australia, Korea and, of course, Japan.

"I feel like we live on the road," drummer and vocalist Dave Prowse says from Tampa, Fla.

"We just tend to tour pretty hard, and not really take a lot of breaks. ... I think because we were kind



Japandroids Dave Prowse and Brian King. HANDOUT

of a struggling local band for two years, as soon as we got the opportunity to tour and see a lot of places, we had a hard time saying no to anything."

In the early days, working as a duo made that sort of schedule a lot more feasible, he says.

"When we first started, it was in a Ford explorer. It was a lot easier to make that work with two people.

For a variety of reasons, being a two-piece makes logistics easier. Obviously the money, and the fact that there's only one other person you have to come to an agreement with. In a six-piece, it's probably harder to convince six people to go on (the) road for two years."

That doesn't mean that he and guitarist Brian King don't still have their share of disagreements, but hav-

ing known each other for so long, Prowse says, they're on the same page about most things.

"The thing about being in a two-piece, you can't put anything to a vote, so if you disagree about something, you just have to figure it out. We have pretty similar ideas about lots of kind of trickier situations that bands have to make, with respect to things like

licensing music for advertisements or something like that, which is a big thing for a lot of bands. But neither of us are interested in doing that, so it's easy to say no to that. ... Obviously, there are certain moments where we disagree, (but it's) usually about small stuff rather than big stuff, which is probably the reason we're still a band after seven years."



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Titus Andronicus' new album is called *Local Business*. PHOTO: KYLE DEAN REINFORD

# Titus Andronicus back Local Business

**Latest record.** With a lean, mean new album, Jersey punk band are bringing listeners up to speed while fighting negativity

**PAT HEALY**  
Metro World News in Boston

With the first words that Patrick Stickles sings on *Local Business*, the recently released third album by Titus Andronicus, it would seem that the album would be over before it's even started.

"OK, I think by now we've established everything is inherently worthless," sings Stickles on opening track, *Ecce Homo*, before concluding, "there's nothing in the universe with any kind of objective purpose."

But the singer says this opening salvo is not as defeatist as it reads on paper, and

that it's more about updating listeners just joining the program.

"I thought it would be a good way to start our discussion, and it was kind of a point that we belabored quite a lot in the first two records," says Stickles, "so you just get everybody up to speed and go on from there."

And where exactly can it go from there?

"Hopefully by the end, the hopeful element of it is a little more explicit," says Stickles, "in that in the void of meaning we are empowered to create meaning."

It seems that Titus have created a lot of meaning with *Local Business*. The production is leaner and meaner and the lyrical content is more introspective than their last effort. This second feat was almost inevitable though, as Titus' 2010 album, *The Monitor*, was mostly about the Civil War. *Local Business* is also the band's first album where the lineup

## Hair today, gone tomorrow

• **Beard issue.** When Titus began rising to popularity, one of the visual elements that stood out most was Patrick Stickles' big, bushy beard. He shaved it after the tour for *The Monitor*, and he says he doesn't miss it. "I just was sick of it. I wanted to move on, live a life without it," he says. "Now I talk about it more, go figure."

that recorded the songs is the same lineup that has been touring to support it. For the most part, Titus has been made up of Stickles, drummer Eric Harm and a revolving door of other players. Does Stickles feel like this lineup will be the one that's finally in it for the long haul?

"I felt that about all the bands, but it hasn't panned out like that," he says, almost cautiously.

"But so far this one is going good."

more than 15 years after he died in a drive-by shooting, the Los Angeles Police Department said Saturday.

The detectives had intended to notify the rapper's family, but the report was released prematurely "due to an administrative error," the department said in a state-

ment.

"Our detectives personally spoke with the Wallace family (Friday) night, and apologized for not notifying them prior to the release," said Capt. Billy Hayes, who heads LAPD's Robbery-Homicide Division, which is investigating the killing. **THE ASSOCIATED PRESS**

## Autopsy report error

### LAPD apologizes to B.I.G.'s family

Police detectives apologized to the family of Notorious B.I.G. for failing to warn them about the planned release of his autopsy report



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Taylor Swift

## Life in the Swift lane: Songstress opens up about her love life

Taylor Swift's romantic history is well-documented, but the singer admits she's no pro on the subject. Swift's blind spot is "how to make them last," she admits to the British edition of Cosmopolitan magazine. "I've never had a really long relationship, so I have no idea what that's like," she says. "Wish me luck in the future!" Or the

### Quoted

"I've never had a really long relationship, so I have no idea what that's like."

Taylor Swift

present, as Swift appears to be getting serious with One Direction member Harry Styles.



Robin Williams

## Jumanji on the loose again

Children of the '90s, prepare to get more excited than is acceptable while reading a gossip page: Jumanji — the Robin Williams classic in which a jungle board game comes to life — is getting a reboot. Zach Helm has signed on to write the re-

make, which will get "an update for the present," according to the Hollywood Reporter. We fear this means the kids get iPhones and anxiety complexes. But for now, let's assume it means wild corgis in designer safari hats.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Lindsay Lohan in the holiday spirit — and wanted too!



THE WORD  
Monica Weymouth  
scene@metronews.ca

Lindsay Lohan, bless her crazy little heart, is getting into the holiday spirit and playing Gossip Santa. Let's re-view her weekend, shall we?

On Friday, Linds was all smiles in the front row at New York City's Jingle Ball concert during The Wanted's performance. She's rumoured to be dating a member of the boy band, Max George, who more or less confirmed some aspect of some relationship: "We can stay out of trouble and keep her out of trouble," he tells PerezHilton.com. "She can party just as hard as us. She's a great girl."

All "great girl" comments aside, we've endorsed fibre breakfast bars more enthusiastically than that. And it seems like Lohan might be less happy than she's letting on for the cameras — from what Metro heard at the Jingle Ball, she was allegedly seen crying in a bathroom backstage. (Then again, who doesn't have a good cry at their boyfriend's holiday party?)

Not to pile it on, but yesterday TMZ reported that Lohan's finances are in such bad shape that she's struggling to pay the rent on her \$8,000-per-month Beverly Hills mansion. Ever since the IRS seized her bank accounts, she's reportedly been hitting up friends for money.

Santa Lohan, at the risk of being greedy, we'd like to submit our Christmas list: One Aniston pregnancy announcement, one Jolie spite pregnancy announcement, two John Stamos rom coms and the Easy-Bake Ultimate Oven.



Megan Fox and Brian Austin Green ALL PHOTOS GETTY IMAGES

## Fox and Austin Green adapt to growing family

Megan Fox and husband Brian Austin Green are thrilled about the arrival of their two-month-old son, Noah, but not everyone in the household is so enthusiastic. "Kash is a little indifferent," Fox tells

the Daily Mirror about her 10-year-old stepson, Kassius. "He's not experiencing any sort of jealousy or competitiveness, but he's not excited because he just wants to go play video games."



Catherine Zeta-Jones

## Zeta-Jones doesn't want to talk about bipolar

Catherine Zeta-Jones is starting to regret opening up about her 2011 hospitalization for bipolar disorder. "You know what? I'm sick of talking about it because I never wanted to be the poster child for this," she says in an interview with Good Morning America. "I never wanted this to

come out publicly. It came out, and I dealt with it in the best way I could, and that was just saying, 'Hey, I'm bipolar.' Everyone has things going on and we deal with them the best we can. We can't jump from the rooftops shouting, 'I have this, look at me. Victim.' No, we all have issues in life."

### Twitter



@RebelWilson  
Thanks for all the marriage proposals x



@kirstiealley  
So I'm a b--- today.. what's wrong with being a b--- ?? It's not like I've stabbed anyone in their Money-maker.....yet



@Rosie  
Justin Bieber is Elvis - amazing last night @ jingle ball - didn't love the endless weenie grabs - but god he is angelic and beautiful



@SteveCarell  
I'm thinking of starting a roadside assistance service for the desert. I will call it "Camel Tow"



# Royal baby makes three

**Kate and Will.** With the Internet buzzing about the Duchess of Cambridge's pregnancy, Metro's family columnist weighs in



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

The announcement that royal couple Catherine and William are expecting their first child has many speculating how this baby and his or her famous parents will cope.

It can be hard for a normal, common family to adjust to family life. There are a few differences that spring immediately to mind when one thinks of a royal.

Like most new moms, much of Kate's hair will likely fall out during her first few postpartum months. However, unlike most new moms, she could potentially finance a small country with the money she would make by selling it on eBay.

Kate will have to decide what name goes best with the surname Wales.

Sadly, the name Hash-tag has already been taken. Luckily, AtSign, Double-BackSlash and Meme are all still available, should Kate and Will decide that Victoria, Elizabeth, George and Edward are too stuffy and old school.

Kate will have additional parenting challenges due to the fact that paradoxically her child, by virtue of being third in line for the throne, will technically be the boss of her.



Let the baby bump watch begin. Kate and Will are expecting their first child. ALASTAIR GRANT/ THE ASSOCIATED PRESS

Potty training days will bring new meaning to the

term "sitting on the throne." And while most babies

are congratulated for speaking their first word, the first

royal wave will also have to be rejoiced.

Come birthday time, likely Will Jr. asking for a pony will be a little redundant. But planning the party will be easy for Kate's side of the family, and uncle Harry's sure to be entertaining (and hopefully clothed).

For William, "Bring your child to work day," which doesn't typically happen until the child is 14, will need to be pre-planned now due to the security detail involved.

And there's really no point to Baby Wales taking daddy in for Career Day at school, as no other kid in the class will be able to aspire to have the "next in line for the throne" job.

Instead of sitting in line for hours to sign their child up for swimming lessons, Kate and Will will have to spend hours interviewing the royal swim instructor.

Likewise, the royal soccer coach, royal T-ball trainer and royal lice remover will also be interviewed.

Should their child get lice, they can force everyone around them to cut off their hair. This, history tells us, is a vast improvement over ordering a whole head to be cut off.

Good luck to you, Will and Kate. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**

## The name game

Think you know what Will and Kate should call the future heir to the throne? Let us know at metronews.ca



# Jewel on sparkling moments with son

**DOROTHY ROBINSON**  
Metro World News

On top of her professional obligations — she's a co-host and judge on Platinum Hit and the spokeswoman for Pampers Baby Dry diapers — Jewel is also a mom to her 18-month-old son Kase and a wife to Ty Murray, the professional bull rider.

But as you can tell from the following interview, her life is far from a rodeo.

**If you could highlight just one beautiful moment with your son, what would it be?**  
The morning is my favourite

## Special times

**"One of my favourite morning moments is getting to read with him."**

Jewel on sharing mommy-son moments with her 18-month-old son, Kase.

time with my baby. I thought it was just me and Kase.

I just thought, "Wow, Kase is always in a great mood in the morning."

Then I talked to other moms and realized it's everyone's favourite time with their baby.

It's something kind of

magical — they are just in a good mood and it's just fun to hang out with them.

One of my favourite morning moments is getting to read with him.

**Speaking of books, can you tell us a little bit about yours?**

I wrote That's What I'd Do for Kase while I was still pregnant.

I had written a children's record for him, too, called The Merry Goes 'Round, full of little things I wanted to teach him.

I try to use imaginative metaphors to show him all the ways I love him.



Jewel. GETTY IMAGES

## Let it snow...

The Weather Network calls for snow, which means Mommy has to wrestle you into multiple layers, including an embarrassing reindeer sweater, or go stir crazy while hibernating inside. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



3  
THE



# Spice up Santa's cookies with Cinnamon-Honey Oat Drops

Looking for classic, comforting flavours in a chewy, soft cookie? This is it. The recipe takes a basic oat drop-style cookie and adds the comforting, holiday flavours of cinnamon and honey. These cookies beg to go with tea, hot cocoa or even milk left for Santa on Christmas Eve.

1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, use electric mixer to beat butter, brown sugar, honey and vanilla. With mixer running, add eggs, one at a time,

## Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup honey
- 1 tsp vanilla extract
- 4 eggs
- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp cinnamon, divided
- 2 1/2 cups old fashioned oats
- 1/4 cup granulated sugar



This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

scraping the bowl in between additions.

3. Stir in flour, baking soda, salt and 1 teaspoon of the cinnamon. Stir in the oats.

4. Scoop by tablespoonful onto the prepared baking sheets,

leaving 2 inches between each cookie. Using slightly moistened hand, flatten cookies until 1/2 inch thick.

5. In bowl, stir granulated sugar and remaining 1/2 teaspoon of cinnamon. Sprinkle lightly over the top of each cookie.

6. Bake 10 minutes, or until no longer glossy and just starting to turn golden brown at the edges. Let cool on pan 10 minutes, then transfer to a rack to cool. Store in airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS

## Cardamom Chocolate Macadamia Cookies



1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, use electric mixer to beat butter, oil, brown sugar, baking soda, salt and cardamom. Add eggs, one at a time, beating between additions.

3. Stir in flour then chocolate chips and macadamia nuts. Scoop dough by tablespoonful onto prepared baking sheets, leaving 2 inches between cookies. Bake for 10-12 mins., or until light golden brown around edges.

4. Let cool on pan for 10 mins., then transfer to rack to finish

cooling. Store in airtight container at room temperature for up to a week. THE ASSOCIATED PRESS

## Ingredients

- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/2 cup canola oil
- 1 1/2 cups brown sugar
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cardamom
- 2 eggs
- 2 3/4 cups all-purpose flour
- 10-oz package mini chocolate chips
- 2 cups chopped toasted macadamia nuts

# Chocolate Pepper Sable gets kick from savoury seasoning

We tend to think of black pepper as a savoury seasoning, but it also has a sweet side. No, pepper itself doesn't taste sweet, but its trademark bite does pair well with sweet ingredients.

So for this cookie, use black pepper in a richly sweet and buttery sable — the French cousin of more traditional shortbread cookies. And while most bemoan the trend in recipe writing that calls only for freshly ground black pepper, this is a case where you'll want to grind it just before using it. It is, after all, the star ingredient.

1. Heat the oven to 350 F. Line

## Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 tsp freshly ground black pepper
- 1/2 tsp baking soda
- 12 tbsp (1 1/2 sticks) unsalted butter, room temp
- 3/4 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- 1/4 tsp fine sea salt
- 1 cup finely chopped chocolate or mini chocolate chips



This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

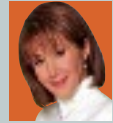
2 baking sheets with parchment paper.

2. In bowl, whisk flour, cocoa powder, pepper, baking soda.

3. In bowl, use an electric mixer to beat butter, brown sugar, granulated sugar, vanilla and salt. Add in the dry mixture

## Healthy eating

## Choose it and lose it



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Longing for summer? Wendy's treats are creamy, delicious and will instantly transport you to warmer times. But be warned, they contain an overload of calories and sugar.

## Wendy's Caramel Frosty Shake (Large)

1,000 calories / 154 g sugar

This beverage contains three quarters of a woman's daily calories and four times the daily sugar amount.



## Equivalent

One large Wendy's caramel Frosty Shake is equivalent in sugar to 12 Boston cream donuts from Tim Hortons. It's close to consuming 40 teaspoons of sugar. The caramel sauce has the excess calories, fat and sugar — not to mention the whipped cream.



## Wendy's Vanilla Frosty (Large)

570 calories/ 81 g sugar

Having half the calories makes a better choice, but only once in a while. This is still too many beverage calories to consume.



to the butter-sugar blend, then mix just until a dough forms. Mix in the chocolate chips.

4. Roll the mixture into 36 small balls and arrange on the prepared baking sheets, leaving about 2 inches between them. Use a flat-bottomed glass to gently press and flatten the

cookies on the baking sheet.

5. Bake for 12 to 15 minutes, or until no longer wet looking. Cool on the pan for 5 minutes, then transfer to a rack to cool completely. Store in an airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS



# Cash in on these hot career choices: Advice that you can take to the bank

**Six for success.** The working world is rough right now, but there are fields that can fill your wallet

YLVA  
VAN BUUREN  
careerbear.com

Looking to make a lot of money fast? There are some jobs where the sky is the limit for income, says financial expert Lesley Scorgie.

Scorgie is the author of two books: *Rich by Thirty: A Young Adult's Guide to Financial Success*, and *Rich by Forty: A Young Couple's Guide to Building Net Worth*. Check out her list of moola-making jobs:

## Commercial sales rep

A commercial sales representative is someone who sells a product or service for a company.

There are commercial sales reps in many different industries and the most lucrative include health care (pharmaceuticals), real estate and the financial industry (brokers and bankers). "Really, the more you

## This job makes cents

## Finance jobs

"Finance jobs that are paid by commission based on size of deals, research, customer relations, etc., can make you a lot of money fast," says Scorgie.

Caveat: Knowing your product is important.



Research budding industry and become a part of it. Check! ISTOCK

sell, the more you make." In terms of training, many companies will pay for sales training.

Caveat: You've got to have a sales personality, or it will be a flop.

## IT services

IT services is a discipline for managing information technology systems.

"Folks are redesigning systems to control financial activities. Governance and management of those systems is turning into lucrative

business."

Caveat: These positions are about rebuilding ineffective systems.

## Upstart entrepreneur

High risk entrepreneurial ideas that capture trends in some way can be quite lucrative, quite quickly, says Scorgie. "We see lots of examples in the gaming and APP development world right now."

Caveat: The key is captivating the hearts of people so the product becomes a

smash hit.

## Oil and gas industry job

This is a broad category with a technical side (engineering, geophysics, geology, etc.) and a business development side (where you would find new opportunities for the sector. Water and sustainability initiatives are popular right now). "These positions are generally higher incomes to start, and you progress quickly."

Caveat: People make money when times are good, so it's

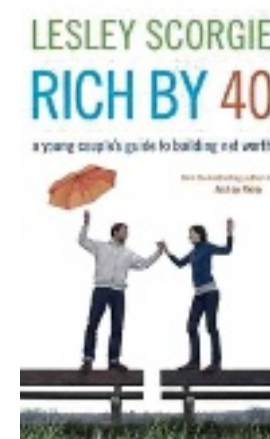
important to make sure there are benefit plans that include long-term incentives.

## Agent

An agent is someone who is authorized to represent another individual (an entertainer or baseball player, for example) who usually makes a lot of money themselves.

The job entails negotiating contracts and terms, and having contacts in the industry.

Caveat: Financial success is usually tied into the sales side of things.



## The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



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# Pour yourself into this backyard biz

## Vineyard venture.

Do you have what it takes to uncork a bold new career?

Growing grapes can be a rewarding pursuit. They're appealing to the eye, pleasing to the palate, a profitable sideline and a reason for parties and neighbourhood togetherness. It's no wonder so many vineyards are cropping up in people's yards.

"The idea of having a landscape that produces something is one of the attractive issues," said Tom Powers, a winemaker who has designed and installed more than 100 small vineyards, mainly around the Alhambra Valley of Contra Costa County, Calif., near where he lives.

"The other thing is the lifestyle of being in wine country is attractive to people and they want to be a part of it."

Property owners often install vineyards when renovating unsightly or underutilized land, said Powers, author of *The*

## Wines and dimes

**"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint."**

Tom Powers  
Winemaker

Organic Backyard Vineyard.

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint," he said. "The trade-out is that you have to put in more maintenance time."

Make no mistake: Vineyards require attention. Rootstocks must be chosen, the soil prepared, trellises and fences built, vines pruned, canopy leaves thinned, nets strung to discourage predators, grape clusters harvested and processed. But the work can be worth it economically. Grape growers from New York to California profit by selling their crops to hobbyists

or to wineries that don't have enough tonnage to meet production demands. Other growers, including those who grow table grapes, enjoy exceptional flavours from fruit seldom found in markets.

The small acreage required for a vineyard can generate surprisingly high earnings. "Up to \$3,000 to \$7,000 per acre in gross returns," according to the Upper Shore Regional Council in Chestertown, Md.

Grapes also are a smart environmental choice given their modest water and fertilizer requirements, plus low soil runoff, the council said. It doesn't take many vines to start a rewarding grape-growing venture. "A 100-foot row of vines can yield up to 175 bottles of wine," Powers said. "With a one-acre vineyard, you could make more than 5,000 bottles."

A mild climate is not required for growing grapes. Many varieties can be grown anywhere there is an ample amount of sun and an abundance of nutrient-rich, well-drained soil.

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**Evenings:** 6 pm to 9 pm (6 Levels)

### FULL TIME

4 weeks (60 hours in class and 60 hours online)

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Level 2 and 4 - 9 am to noon;

Level 5 and 6 - please check our website

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**The In-Credibility Factor**

**Name:** Dr. Jonathan DellaVedova  
**City:** Hamilton, ON  
**Age:** 28  
**Occupation:** Doctor specializing in pediatric medicine



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
life@metronews.ca

Dr. DellaVedova (or Dr. DVD as he's referred to by his young patients) always thought he'd be a teacher. On a whim he applied to medical school and has not looked back since. He is currently in his fourth and final year of residency in general pediatrics at McMaster Children's Hospital in Hamilton. In the summer of 2013, he will return to his home town of Sault St. Marie, where he has accepted a job as a community pediatrician.

**I knew I was on my way when ...** I attended my first delivery of a baby. I was a first year medical student and I was working with an obstetrician that was a total grouch. He let me catch the baby even though I had no clue what I was doing.



**Dr. DellaVedova. PROVIDED**

When that baby cried, I was so over the moon and I think I was more excited than the actual parents. I was so grateful to the doctor and the parents for letting me be a part of that moment. That's the feeling I try to remember when I get woken up a dozen times a night to attend deliveries and bring a new life into the world.

**Do it for yourself, but do it for them, too**  
There's an enormous amount of commitment and effort that goes into

medical training, but you can't get to the first day of medical school or the last day of residency alone. Your family raised you, your teachers taught you, your friends and your partner supported you on the days you were so overwhelmed and sleep deprived that you wanted to quit. The people in your life invest in you because they want to see you succeed, so make it happen.

**Pay it forward**

The more skills and qualifications you get, the more opportunities will pile up and the more you will find yourself saying, 'No'. But never turn down an audience with aspiring young people or an opportunity to teach. Some day they may be your doctor, nurse, mechanic or food safety inspector.

**Get a grip**

Working with sick children everyday has an incredible way of putting your problems into perspective and reminding you what is important in life. Yes, you will have to work hard, but enjoy every single moment, take nothing for granted and share the love.

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# Grieving Cowboys gut out close win

**NFL.** Dallas plays a day after learning one teammate was killed and another arrested following a car crash

Numb. Grieving. Distracted. The Cowboys were all those things on Sunday, dealing with the death of one teammate and the tribulations of another.

Winners, too, though they hardly felt like it.

Dan Bailey kicked a 40-yard field goal as time ran out, sending the Cowboys to a 20-19 victory over the Cincinnati Bengals that ended a tough afternoon with a little bit of relief and their playoff chances enhanced.

Didn't last long, though. There will be a lot more emotional days ahead in Dallas.

"It's a hard, hard situation we're in," quarterback Tony Romo said. "There's no playbook for this sort of thing in life."

The Cowboys overcame a nine-point deficit in the closing minutes behind Romo, who held his hand over his heart during a moment of silence to honour teammate Jerry Brown before the kick-off. The linebacker died in an car accident early Saturday.

Defensive lineman Josh Brent, who was driving, was still jailed in Texas on Sunday, charged with intoxication manslaughter.

The Cowboys (7-6) learned about Brown's death on their flight to Cincinnati on Saturday. Coach Jason Garrett told his team that the best way to honour him was to play well in a game with playoff implications for both teams.



Dallas Cowboys quarterback Tony Romo leaves the field after the Cowboys defeated the Cincinnati Bengals 20-19 on Sunday in Cincinnati. MICHAEL KEATING/THE ASSOCIATED PRESS

## Quoted

**"I don't remember crying this much other than maybe the day I was born."**

Dallas Cowboys defensive lineman Marcus Spears on the emotional toll of playing after learning of the death of one teammate and arrest of another following an auto accident.

One of the visitors' metal lockers at Paul Brown Stadium had a strip of white athletic tape with "53 JERRY BROWN" attached to the top, a wooden stool inside sitting upside-down. Brown's No. 53 jersey was on the sideline

during the game — defensive tackle Jason Hatcher held it up after Bailey's kick decided it.

It wasn't much of a celebration by an emotionally spent team.

Players couldn't keep the

tragedy out of their thoughts during the game, finding their minds wandering on the bench.

Owner Jerry Jones described his team as grieving when it took the field. It was the second consecutive week that an NFL team was playing a day after losing a teammate. Kansas City beat Carolina 27-21 one day after linebacker Jovan Belcher shot his girlfriend at their home before driving to the Chiefs' practice complex and shooting himself. **THE ASSOCIATED PRESS**

## MLB

### Phillies pick up all-star Young

The Philadelphia Phillies have acquired seven-time all-star infielder Michael Young from the Texas Rangers for two relief pitchers.

The deal was announced Sunday, a day after Young agreed to waive his no-trade clause.

The Phillies are sending right-hander Josh Lindblom and minor league righty

Lisalverto Bonilla to the Rangers to get Young, who fills a void at third base.

**THE ASSOCIATED PRESS**

## Lockout

### Hockey talks may resume this week

The NHL and the locked-out players' association are talking again, and a return to the bargaining table could happen soon.

After a few days to cool off following an epic collapse in negotiations, the league and the union have been in touch in an attempt to restart conversations that could save the season.

"Trying to set up something for this week, but nothing finalized yet," NHL deputy commissioner Bill Daly wrote Sunday in an email to The Associated Press.

Negotiations broke down Thursday night after three straight days of talks in New York. Moments after players' association executive director Donald Fehr said he believed the sides were closing in on a deal to end the lockout, he was back at the podium to announce the NHL had rejected the union's latest offer. **THE ASSOCIATED PRESS**

# L.A. understudies take lead role vs. Raps



Toronto's Amir Johnson, left, defends Clippers guard Chris Paul, centre, with Raptors teammate Ed Davis on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

The Los Angeles Clippers were lacking energy through three quarters. Their backups came in and changed the game again.

Jamal Crawford led a fourth-quarter rally by the reserves with 16 points and the Clippers beat Toronto 102-83 on Sunday to win their sixth in a row while handing the Raptors their 10th consecutive road loss.

The backups gave Los Angeles its first double-digit lead of the game after Toronto kept it close through the first three periods before dropping its fourth straight.

Toronto's DeMar DeRozan scored 24 points in his hometown. Linas Kleiza added 17

Sunday's game	
102	83
Clippers	Raptors

points, including five three-pointers.

"It came out of nowhere," DeRozan said of the Clippers' surge. "We just didn't score and we couldn't get any stops, and they took advantage of it. They're the deepest team in the league. They've got a lot of tal-

ented players that are capable of being starters in this league."

Eric Bledsoe added 14 points on his 23rd birthday to help the Clippers' reserves outscore their counterparts 47-24.

Blake Griffin led the Clippers with 19 points. Chris Paul added 16 points and DeAndre Jordan had 10 rebounds. Caron Butler was the only starter to play in the fourth, coming in only after Matt Barnes was ejected with 1:36 to play.

Los Angeles' reserves dominated the final period for the third straight game, turning stars Griffin and Paul into cheerleaders.

**THE ASSOCIATED PRESS**













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